

Alcohol and youth

Drinking is a leading cause of death and social issues in young people. Intoxication is associated with:

- High risks of injuries
- Aggression and violence
- Dating violence
- Worsening academic performance

Youth under the legal drinking age should delay drinking for as long as possible.



Pregnant, Trying to Get Pregnant or Breastfeeding

During pregnancy or when trying to get pregnant, there is no known safe amount of alcohol use.

When breastfeeding, not drinking alcohol is the safest.

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This document is a summary for the public of the new guidance. For more information, please visit www.ccsa.ca.

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Aim to drink less

You can reduce your drinking in steps! Remember, any reduction helps lower your health risks. Every little bit counts.

It's time to pick a new target

What will your weekly drinking target be?



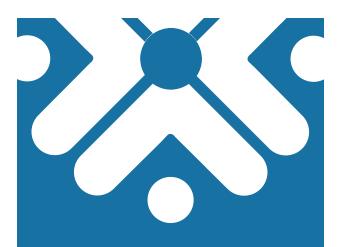
Tips to help you stay on target

- Stick to the limits you've set for yourself.
- Drink slowly.
- Drink lots of water.
- For every drink of alcohol, have one non-alcoholic drink.
- Choose alcohol-free or low-alcohol beverages.
- Eat before and while you're drinking.
- Have alcohol-free weeks or do alcohol-free activities.



To better understand and to evaluate your alcohol use, please see Knowing Your Limits with Alcohol:

bit.ly/knowing-your-limits



Canada's Guidance on Alcohol and Health

Guidance to support people in Canada to make informed decisions about alcohol and consider reducing their alcohol use





A standard drink means:



Beer 341 ml (12 oz) of beer 5% alcohol

or

Cooler, cider, ready-to-drink 341 ml (12 oz) of drinks 5% alcohol

or

Wine 142 ml (5 oz) of wine 12% alcohol



or

Spirits (whisky, vodka, gin, etc.) 43 ml (1.5 oz) of spirits 40% alcohol

To reduce the risk of harm from alcohol, it is recommended that people living in Canada consider reducing their alcohol use.

Alcohol Consumption Per Week

0 drinks per week Not drinking has benefits, such as No risk better health and better sleep. T 1 to 2 standard drinks per week 1 You will likely avoid alcohol-related Low risk consequences for yourself and others. mm 3 to 6 standard drinks per week Moderate Your risk of developing several different types of cancer, including breast and risk colon cancer, increases. 6 **** 7 or more standard drinks per week Your risk of heart disease or stroke increases. Increasingly 8 ~~~~~~~~~ Each additional standard drink high risk Radically increases the risk of these <u><u>w</u><u>w</u><u>w</u><u>w</u><u>w</u><u>w</u>++</u> alcohol-related consequences.



Alcohol Consumption Per Day

If you are going to drink, **don't exceed 2 drinks on any day**.

Drinking less benefits you and others. It reduces your risk of injury and violence, and many health problems that can shorten life.



Sex and Gender

Health risks increase more quickly at 7 or more standard drinks per week for females.

Overall, far more injuries, violence and deaths result from men's drinking.